



SELF-DEFENSE CLASSES AT THE JACKSON YMCA

PROTECT YOURSELF

Self-defense is a set of awareness, assertiveness, verbal skills and physical techniques. Perfect for anyone looking to improve their safety and awareness skills and is ideal for young women heading off to college.

REGISTER TODAY!

WHEN: June 17 - 6-8 pm
Aug. 13 - 1-3 pm

WHERE: Downtown YMCA
127 W. Wesley St.

AGES: 16 and up

COST: \$10/Members; \$15/Community

INSTRUCTORS: Led by Don Williams, black belt, Kung Fu; and Leo Aponte, black belt, Jiu-Jitsu